

**Министерство образования Республики Беларусь
Учреждение образования
«Гомельский государственный университет
имени Франциска Скорины»**

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АНГЛИЙСКИЙ ЯЗЫК

ПРАКТИЧЕСКОЕ ПОСОБИЕ

для студентов специальности «Физическая культура» 1 – 03 02 01

**Гомель
УО «ГГУим.Ф.Скорины»
2011**

УДК
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Рецензенты:
кафедра английского языка учреждения образования
“Гомельский государственный университет имени Франциска
Скорины”

Рекомендовано к изданию научно-методическим советом учреждения
образования
“Гомельский государственный университет имени Франциска
Скорины”

Казимирский, Г.Л.
Английский язык : практическое пособие
для студентов специальности
1 – 03 – 02 01 “Физическая культура”/
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- Гомель: УО “ГГУ им. Ф.Скорины”, 2011. – с.

Практическое пособие адресовано студентам 1 курса факультета
физической культуры специальности “Физическая культура”. Целью
пособия является развитие навыков чтения и говорения на основе учебного
материала специальных текстов.

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СОДЕРЖАНИЕ

Введение

Unit I TEXTS FOR READING AND DISCUSSING..... 5

Unit II SPORT TERMS VOCABULARY.....28

Unit III ENTERTAINING EXERCISES 42

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

ВВЕДЕНИЕ

Пособие предназначено для студентов факультета физической культуры специальности 1 – 03 02 01 “Физическая культура” и ставит целью научить будущих спортсменов и преподавателей физической культуры читать научную и научно-популярную литературу по специальности, привить им навыки самостоятельной работы над языком, ознакомить с профессионально-ориентированной лексикой. Пособие рассчитано как на аудиторную, так и самостоятельную работу студентов.

Пособие включает 3 раздела. Первый раздел ориентирован на развитие навыков чтения и обсуждения прочитанных текстов. Второй раздел направлен на ознакомление с профессионально-ориентированной лексикой. Третий раздел разработан для закрепления профессионально-ориентированной лексики. Тексты предназначены как для аудиторной, так и для самостоятельной работы студентов на занятиях и в качестве домашних заданий.

Тексты отобраны из оригинальной научно-популярной литературы, адаптированы с учётом реальных знаний студентов 1 курса, носят познавательный характер. Они снабжены системой дотекстовых упражнений, целью которых является снятие языковых трудностей, формирование потенциального словаря, лексических и грамматических навыков чтения. Послетекстовые задания направлены на проверку качества понимания прочитанного.

При подготовке пособия авторы руководствовались программой по английскому языку для студентов специальности “Физическая культура” и учитывали специфику изучения языка на неязыковых факультетах.

Unit 1

TEXTS FOR READING AND DISCUSSING

Track-and-field

Track and field (also known as and track and field athletics) is a sport comprising various competitive athletic contests based around the activities of running, jumping and throwing. The name of the sport derives from the venue for the competitions: a stadium which features an oval running track surrounding a grassy area. The throwing and jumping events generally take place within the central enclosed area.

Track and field – why such a name? It is because the main part of the events are contested either on the track or on the field of the stadium. The sport is called the queen of sports. Track events consist of running and walking races of various distances. Field events are contests in jumping and throwing. Track and field meetings can be held indoors or outdoors. Men and women compete separately in a meeting.

Athletics is one of the most popular sports in the world. About 180 nations belong to the International Amateur Athletic Federation (IAAF), the governing body of athletics. The IAAF recognizes world records in 65 men's and women's events. The organization accepts world records in metric distances only, except for the mile run.

Track and field events are generally individual sports with athletes challenging each other to decide a single victor. The racing events are won by the athlete with the fastest time, while the jumping and throwing events are won by the athlete who has achieved the greatest distance or height in the contest. The running events are categorised as sprints, middle and long-distance events, relays, and hurdling. Regular jumping events include long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer. There are also "combined events", such as heptathlon and decathlon, in which athletes compete in a number of the above events.

Records are kept of the best performances in specific events, at world and national levels, right down to a personal level. If athletes

have violated the event's rules or regulations, they are disqualified from the competition and their marks are erased. The athletes wear small clothes that make running easier, men wear shorts and a sleeveless shirts while women wear swim-like suits .

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. The name of the sport derives from the stadium which features a circle running track surrounding a grassy area.
2. The sport is called the queen of sports.
3. Track and field meetings can be held only indoors.
4. The IAAF recognizes world records in 68 men's and women's events.
5. The most common throwing events are shot put, javelin, discus and hammer.

Ex.3 Answer the questions

1. What do track events consist of?
2. What are field events?
3. Do men and women compete together or separately?
4. How many nations belong to the IAAF?
5. What events does regular jumping include?
6. When are athletes disqualified?

Ex.4 Arrange the statement in a right chronological order according to the text.

1. Records are kept of the best performances in specific events, at world and national levels, right down to a personal level.
2. The throwing and jumping events generally take place within the central enclosed area.
3. Track events consist of running and walking races of various distances.
4. The racing events are won by the athlete with the fastest time.
5. The running events are categorised as sprints, middle and long-distance events, relays, and hurdling.

Ex.5 Insert the missing words according to the text

1. _____ is a sport comprising various competitive athletic contests.
2. The _____ and _____ events generally take place within the central enclosed area.
3. The organization accepts world records in metric distances only, except for the _____.
4. Regular jumping events include _____, triple jump, high jump and _____.
5. Men wear _____ and a sleeve-less shirts while women wear _____.

Ex.6 Give short summery of the text

Cycling

Have you ever wondered, what is cycling? Road cycling is the most popular form of all the types of cycling. It involves bicycling on paved roads and is a professional sport as well as a mode of transportation and a recreational activity. Road bikes are more lightweight than other types of bicycles, such as mountain bikes. They may be made of steel, titanium, aluminum, carbon fiber, or a composite, which is a combination of materials. Road bicycles can be quite expensive, depending on the technology you choose and the accessories you select for yours.

Cycling road races are a popular sport throughout the world, particularly in Europe. There are a couple of different ways to organize a road race. Traditional road races involve cyclists starting a course at the same time, with the first one across the finish line is the winner. Time trials are when cyclists start at varying intervals, each individually or with a team racing the clock. The cyclist or cycling team with the fastest time is declared the road cycling winner.

Cyclists use different methods to increase their chances of winning including drafting, attacking, breaking away and sprinting. Although the purpose of road races is for one winner to cross the finish line, team tactics are often employed. Corporate sponsors put together teams of cyclists who aide each other in reaching the finish line first. The cyclists determine who they believe has the best shot at winning each individual race. They then work together to push their

chosen winner ahead.

Perhaps the most famous cyclist is Lance Armstrong, winner of seven Tours de France, which is the world's most famous road cycling race. The Tour de France takes place over three weeks, in different stages.

Broadly defined, the sport of Olympic bicycling is actually made up of a number of specific events, some very different from another. Road and track racing have been around for a long time -- both present at the first modern games in Athens in 1896 -- while BMX (Bicycle Motocross) and mountain bike events are both relatively new. Mountain bike racing made its debut in Atlanta in 1996, and 2008 marks the first time that BMX racing has been an official Olympic event.

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. Road cycling is the most popular form of all the types of cycling.
2. Road bicycles can be quite cheap.
3. Cycling road races are a popular sport throughout the world, particularly in Africa.
4. Perhaps the most famous cyclist is Lance Armstrong, winner of seven Tours de France.
5. Mountain bike racing made its debut in Atlanta in 1994,.

Ex.3 Answer the questions

1. What does cycling involve?
2. What do traditional road races involve?
3. Who is declared the road cycling winner?
4. What methods do cyclists use to increase their chances of winning?
5. Who is the most famous cyclist?
6. When has BMX become an official Olympic event?

Ex.4 Arrange the statement in a right chronological order according to the text.

1. Broadly defined, the sport of Olympic bicycling is actually

made up of a number of specific events, some very different from another.

2. Traditional road races involve cyclists starting a course at the same time, with the first one across the finish line is the winner.

3. Cyclists use different methods to increase their chances of winning including drafting, attacking, breaking away and sprinting.

4. Road bikes are more lightweight than other types of bicycles, such as mountain bikes.

5. Corporate sponsors put together teams of cyclists who aide each other in reaching the finish line first.

Ex.5 Insert the missing words according to the text

1. It involves bicycling on _____ and is a professional sport as well as a mode of transportation and a recreational _____.

2. Traditional _____ involve cyclists starting a course at the same time, with the first one across the _____ is the winner.

3. The Tour de France _____ over three weeks, in different stages.

4. Mountain bike racing made its debut in Atlanta in 1996, and 2008 marks the first time that BMX racing has been an _____.

5. Time trials are when _____ start at varying intervals, each _____ or with a team racing the clock.

Ex.6 Give short summery of the text

Equestrian

Equestrianism (from Latin equester, equestr-, *horseman, horse*) more often known as riding refers to the skill of riding, driving, or vaulting with horses. This broad description includes the use of horses for practical working purposes, recreational activities, artistic or cultural exercises, and competitive sports. There are two main seats in riding which are English and Western.

Horses are trained and ridden for practical working purposes such as in police work. They are also used in competitive sports including, but not limited to, dressage, endurance riding, eventing, reining, show jumping, tent pegging, vaulting, polo, horse racing, driving, and

rodeo. Some popular forms of competition are grouped together at horse shows, where horses perform in a wide variety of disciplines. Horses are used for non-competitive recreational riding such as fox hunting, trail riding or hacking. Horses are also used for therapeutic purposes, both in specialized paraequestrian competition as well as non-competitive riding to improve human health and emotional development.

Horses are also driven in harness racing, at horse shows and in other types of exhibition, historical reenactment or ceremony, often pulling carriages. In some parts of the world, they are still used for practical purposes such as farming.

Humans appear to have long expressed a desire to know which horse (or horses) were the fastest, thus horse races has ancient roots. Gambling on horse races appears to go hand-in hand with racing and has a long history as well. Thoroughbreds have the pre-eminent reputation as a racing breed, but other breeds also race.

Types of horse racing

Under saddle:

Thoroughbred horse racing is the most popular form worldwide. In the UK, it is known as flat racing and is governed by the Jockey Club in the United Kingdom. In the USA, horse racing is governed by the Jockey Club of North America.

Steeplechasing involves racing on a track where the horses also jump over obstacles. It is most common in the UK, where it is also called National Hunt racing.

American Quarter Horse racing — races over distances of approximately a quarter-mile. Seen mostly in the United States, sanctioned by the American Quarter Horse Association.

Endurance riding, a sport in which the Arabian horse dominates at the top levels, has become very popular in the United States and in Europe. The Federation Equestre International (FEI) governs international races, and the American Endurance Ride Conference (AERC) organizes the sport in North America. Endurance races take place over a given, measured distance and the horses have an even start. Races begin at 20 miles (32 km) and peak at 100 miles (160 km). especially the Tevis Cup.

Ride and Tie (in North America, organized by Ride and Tie Association). Ride and Tie involves three equal partners: two humans

and one horse. The humans alternately run and ride.

In harness:

Both light and heavy breeds as well as ponies are raced in harness with a sulky or racing bike. The Standardbred dominates the sport in both trotting and pacing varieties.

The United States Trotting Association organizes harness racing in the United States.

Harness racing is also found throughout Europe, New Zealand and Australia.

Equestrian events were first included in the modern Olympic Games in 1900. By 1912, all three Olympic disciplines still seen today were part of the games. The following forms of competition are recognized worldwide and are a part of the equestrian events at the Olympics:

Dressage ("training" in French) involves the progressive training of the horse to a high level of impulsion, collection, and obedience. Competitive dressage has the goal of showing the horse carrying out, on request, the natural movements that it performs without thinking while running loose. One dressage master has defined it as "returning the freedom of the horse while carrying the rider."

Show jumping comprises a timed event judged on the ability of the horse and rider to jump over a series of obstacles, in a given order and with the fewest refusals or knockdowns of portions of the obstacles.

Eventing, also called *combined training*, *horse trials*, the *three-day event*, *the Military*, or *the complete test*, puts together the obedience of dressage with the athletic ability of show jumping, the fitness demands the cross-country jumping phase. In the last-named, the horses jump over fixed obstacles, such as logs, stone walls, banks, ditches, and water, trying to finish the course under the "optimum time." There was also the 'Steeple Chase' Phase, which is now excluded from most major competitions to bring them in line with the Olympic standard.

There is also one equestrian discipline in the Paralympics:

Para-Dressage is conducted under the same rules as conventional Dressage, but with riders divided into different classes based on the severity of their disabilities.

The additional non-Olympic events sanctioned by the FEI as

international disciplines are: combined driving; endurance; horseball; reining; tent pegging; and vaulting. These events are recognized internationally and are part of the FEI World Equestrian Games every four years, and hold their own individual World Championships in other years.

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. Horses are trained and ridden for practical working purposes such as in police work.
2. Horses aren't used for therapeutic purposes.
3. In some parts of the world horses are still used for practical purposes such as farming.
4. Equestrian events were first included in the modern Olympic Games in the 21st century.
5. There aren't any equestrian disciplines in the Paralympics.

Ex.3 Answer the questions

1. What are the two main seats in riding?
2. What non-competitive recreational riding horses are used for?
3. What appears to go hand-in hand with racing and has a long history as well?
4. Where else is harness racing also found?
5. How many equestrian disciplines are there in the Paralympics?
6. When did all three Olympic disciplines still seen today become part of the games?

Ex.4 Arrange the statement in a right chronological order according to the text.

1. Horses are used for non-competitive recreational riding such as fox hunting, trail riding or hacking.
2. Horses are trained and ridden for practical working purposes such as in police work.
3. These events are recognized internationally and are part of the FEI World Equestrian Games every four years, and hold their own individual World Championships in other years.
4. Humans appear to have long expressed a desire to know which

horse (or horses) were the fastest, thus horse races has ancient roots.

5. Dressage ("training" in French) involves the progressive training of the horse to a high level of impulsion, collection, and obedience.

Ex.5 Insert the missing words according to the text

1. There are two main seats in riding which are _____ and _____.
2. Horses are used for non-competitive recreational riding such as _____, _____ or hacking.
3. Humans appear to have _____ expressed a desire to know which horse (or horses) were the _____, thus horse races has _____ roots.
4. Harness racing is also found throughout _____, _____ and _____.
5. The additional non-Olympic _____ sanctioned by the FEI as international disciplines are: combined _____; endurance; _____; reining; tent pegging; and _____.

Ex.6 Give short summery of the text

Fencing

Fencing, which is also known as modern fencing to distinguish it from historical fencing, is a family of combat sports using bladed weapons.

Fencing is one of four sports which have been featured at every one of the modern Olympic Games. Three types of weapon are used in Olympic fencing:

- Foil—a light thrusting weapon that targets the torso, including the back, but not the arms. Hits are scored only with the tip; hits with the side of the blade do not count. Only a single hit can be scored by either fencer at one time. If both fencers hit at the same time, the referee uses the rules of "right of way" to determine which fencer gets the touch.

- Sabre—a light cutting and thrusting weapon that targets the entire body above the waist, except for the hands. The sabre is primarily used to slash, so hits with the side of the blade as well as the

tip are valid. "Right of way" applies—only one fencer can score at a time.

- Epee—a heavy thrusting weapon that targets the entire body. All hits must be with the tip and not the sides of the blade. Epee allows simultaneous hits by both fencers.

Modern fencing originated in the 19th century, as a direct continuation of the 18th century French school of fencing which had in turn been influenced by the Italian school of the Renaissance.

Olympic fencing (or simply "fencing") refers to the fencing seen in most current competitions, including the Olympic Games and the World Cup. Competitions are conducted according to rules laid down by the Fédération Internationale d'Escrime (FIE), the international governing body. These rules evolved from a set of conventions developed in Europe between mid-17th and early 20th century. The three Olympic weapons are foil, épée, and sabre. In competition, the validity of touches is determined by the electronic scoring apparatus and a set of rules called right of way, to eliminate referee error and bias. Locally, athletes register for tournaments in their division via a website called "Askfred.net." Nationally, athletes compete in tournaments called "North American Cups", or NAC's for short. At these tournaments, competitors divide by age group and division. Age groups include Y12 (Youth 12, or 12 or younger), Y14, Junior (20 or younger), and Cadet (17 or younger).

Fencing tournaments vary in format, and include individual and team competitions. A tournament may include all three weapons, both individual and team, or as in an Épée Challenge, individual épée only. Men and women compete separately in high-level tournaments. An individual event consists of two parts: pools and direct eliminations.

Each fencer is assigned to a pool, typically with 6 others. Every fencer fences everyone else in the pool. If the number of fencers competing is not a multiple of seven, one or more pools adjust to six or eight members. After the pools are finished, the fencers are given a ranking, or "seed," versus other fencers in the tournament, based primarily on their winning percentage, and secondarily on the difference between touches made and received. Once seeding completes, direct elimination starts. Fencers are sorted in a table. High seeds typically receive a bye, while lower seeded players fight for the right to compete against them. For example, if a tournament has 31

entrants, the fighters compete in pools of 7, 8, 8 and 8. The top player gets a bye in the first round, while the other players compete. After the first round, the 15 winners advance and the top seed joins the fray. Typically the losers of the semi-final round both finish "third".

Team competition involves teams of three fencers. A fourth fencer acts as an alternate, but only one substitution is allowed. The modern team competition is similar to the pool round of the individual competition. Each fencer plays each member of the opposing team, totaling nine matches. Matches are three minutes long, or to 5 points. Points carry into the next bout, thus making it a forty-five touch bout fought by six fencers. Unlike individual tournaments, team tournaments almost always fence for third.

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. Five types of weapon are used in Olympic fencing.
2. Modern fencing originated in the 20th century.
3. The three Olympic weapons are foil, épée, and sword.
4. Fencing tournaments vary in format, and include individual and team competitions.
5. Matches are five minutes long, or to 15 points.

Ex.3 Answer the questions

1. How many types of weapon are used in Olympic fencing?
2. What does the referee do if both fencers hit at the same time?
3. By what is the validity of touches determined in the competition?
4. How many parts does an individual event consist of?
5. What tournaments do athletes usually compete in?
6. Do men and women compete separately in high-level tournaments?

Ex.4 Arrange the statement in a right chronological order according to the text.

1. Matches are three minutes long, or to 5 points.
2. Each fencer is assigned to a pool, typically with 6 others.
3. Three types of weapon are used in Olympic fencing.

4. Olympic fencing (or simply "fencing") refers to the fencing seen in most current competitions, including the Olympic Games and the World Cup.

5. Fencing is one of four sports which have been featured at every one of the modern Olympic Games.

Ex.5 Insert the missing words according to the text

1. Fencing, which is also known as modern fencing to distinguish it from historical fencing, is a family of _____ sports using bladed _____.

2. _____ types of weapon are used in Olympic _____.

3. Modern fencing _____ in the 19th century, as a direct continuation of the 18th century _____ school of fencing.

4. Fencing _____ vary in format, and include individual and team _____.

5. A tournament may include all _____ weapons, both individual and team, or as in an _____, individual épée only.

Ex.6 Give short summery of the text

Handball

Handball (also known as team handball, Olympic handball or European handball) is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball to throw it into the goal of the other team. The team with the most goals after two periods of 30 minutes wins.

Modern handball is usually played indoors, but outdoor variants exist in the forms of field handball and czech handball (which were more common in the past) and beach handball (also called sandball). American handball and Gaelic handball are completely different sports.

The game is quite fast and includes body contact as the defenders try to stop the attackers from approaching the goal. Contact is only allowed when the defensive player is completely in front of the offensive player, i.e. between the offensive player and the goal. This is referred to as a player sandwich. Any contact from the side or especially from behind is considered dangerous and is usually met

with penalties. When a defender successfully stops an attacking player, the play is stopped and restarted by the attacking team from the spot of the infraction or on the nine meter line. Unlike in basketball where players are allowed to commit only 5 fouls in a game (6 in the NBA), handball players are allowed an unlimited number of "faults", which are considered good defence and disruptive to the attacking team's rhythm.

Goals are scored quite frequently; usually both teams score at least 20 goals each, and it is not uncommon for both teams to score more than 30 goals. This was not true in the earliest history of the game, when the scores were more akin to that of ice hockey but, as offensive play has improved since the late 1980s, particularly the use of counterattacks (fast breaks) after a failed attack from the other team, goal scoring has increased.

Handball is played on a court 40 by 20 metres (130×66 ft), with a goal in the center of each end. The goals are surrounded by a near-semicircular area, called the zone or the crease, defined by a line six meters from the goal. A dashed near-semicircular line nine meters from the goal marks the free-throw line. Each line on the court is part of the area it encompasses. This implies that the middle line belongs to both halves at the same time.

Each goal has a rectangular clearance area of three meters in the width and two meters in the height. It must be securely bolted either to the floor or the wall behind.

The goal posts and the crossbar must be made out of the same material (e.g. wood or aluminium) and feature a quadratic cross section with a side of 8 cm (3 in). The three sides of the beams visible from the playing field must be painted alternately in two contrasting colors which both have to contrast against the background. The colors on both goals must be the same.

Each goal must feature a net. This must be fastened in such a way that a ball thrown into does not leave or pass the goal under normal circumstances. If necessary, a second net may be clasped to the back of the net on the inside.

A standard match for all teams of 16 and older has two periods of 30 minutes with a 15 minute half-time. Teams may switch sides of the field, as well as benches. For youths the game duration is:

2 x 25 minutes at ages 12 to 16.

2 x 20 minutes at ages 8 to 12.

However, national federations of some countries may differ in their implementation from the official guidelines.

If a decision must be reached in a particular match (e.g. in a tournament) and it ends in a draw after regular time, there are at maximum two overtimes of 2 x 5 minutes with a 1 minute break each. Should these not decide the game either, the winning team is determined in a penalty shootout.

The referees may call *timeout* according to their sole discretion, typical reasons are injuries, suspensions or court cleaning. Penalty throws should only trigger a timeout for lengthy delays as a change of the goalkeeper.

Each team may call one *team timeout* (TTO) per period which lasts one minute. This right may only be invoked by team in ball possession. To do so, the representative of the team lays a green card marked by black "T" on the desk of the timekeeper. The timekeeper then immediately interrupts the game by sounding an acoustic signal and stops the time.

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. Handball is a team sport in which two teams of ten players each pass a ball to throw it into the goal of the other team.
2. The team with the most goals after two periods of 45 minutes wins.
3. American handball and Gaelic handball are completely different sports.
4. The game is quite slow and doesn't include body contact.
5. Each goal has a rectangular clearance area of three meters in the width and two meters in the height.

Ex.3 Answer the questions

1. Where is modern handball usually played?
2. When is contact only allowed?
3. What court is handball played?
4. What material must the goal posts and the crossbar be made out of?

5. How many team timeouts may each team call per period?
6. What must each goal feature?

Ex.4 Arrange the statement in a right chronological order according to the text.

1. The timekeeper then immediately interrupts the game by sounding an acoustic signal and stops the time.
2. A standard match for all teams of 16 and older has two periods of 30 minutes with a 15 minute half-time.
3. Penalty throws should only trigger a timeout for lengthy delays as a change of the goalkeeper.
4. The game is quite fast and includes body contact as the defenders try to stop the attackers from approaching the goal.
5. The team with the most goals after two periods of 30 minutes wins.

Ex.5 Insert the missing words according to the text

1. Handball is a team sport in which two teams of seven _____ each pass a ball to throw it into the _____ of the other team.
2. The team with the most goals after two _____ of 30 minutes _____.
3. The game is quite _____ and includes body _____ as the defenders try to stop the attackers from _____ the goal.
4. A _____ match for all _____ of 16 and older has two _____ of 30 minutes with a 15 minute _____.
5. The _____ may call _____ according to their sole discretion, typical reasons are _____, suspensions or court cleaning.

Ex.6 Give short summery of the text

Wrestling

Wrestling is one of the oldest sports. It was part of the Ancient Greek Olympic Games in 704 B.C. The ROMANS also wrestled. Greco-Roman wrestling is one of the styles contested in the modern Olympics. The other is freestyle, or catch-as-catch-can.

In Greco-Roman, the wrestler is not allowed to use his legs on his opponent and cannot hold him below the waist. In both styles the aim

is to pin your opponent with his shoulders flat on the ground for one second.

There are different kinds of wrestling in various parts of the world. In Japan there is sumo wrestling. The aim is to force the other man out of the ring or to make him touch the ground with some part of his body other than his feet. In the C.I.S. there is sambo wrestling, similar to judo.

Judo

Judo is a form of unarmed combat invented in Japan. Each fighter tries to throw his opponent or force him to submit. Men and women, boys and girls can all practice judo. A contest may last up to 20 minutes. The wrestlers wear loose-fitting clothes tied at the waist with a belt. The color of the belt shows the grade of the judoka (judoist).

Pupils are known as *kyu*. Experienced judokas are graded in 12 levels of *dan*, which means degree. There are six weight classes.

Weight Lifting

Weight lifting competitions have taken place in the Olympic games since 1920. Lifters are classed in nine different weight categories, from flyweight to superheavyweight.

Weight lifting demands speed, balance, and strength. Some lifters can raise three times the weight of their own body in a single lift.

Ex.1 Choose the right variant

1 The sport of judo

started in France

began in Japan

has never been a part of the Olympic games

2 Wrestling

has many different forms throughout the world

is a new sport

has never been a part of the Olympic games

3 The modern Olympic games were begun by ...

an Italian

a Frenchman

a Greek

Ex.2 Answer the questions

1. What does a wrestler have to do in Greco-Roman wrestling to win a match?
2. What are the two styles of wrestling contested in the Olympics?

Swimming

Swimming is the act of moving through water by using the arms and legs. Swimming is a popular form of recreation, an important international sport, and healthy exercise. Swimming improves heart action, aids blood circulation, and helps develop firm muscles.

Good swimmers can also enjoy various other water sports and activities. Such sports include *springboard and platform diving, surfing and windsurfing, water skiing, water polo, scuba diving, and synchronized swimming*. The ability to swim well makes such sports as fishing and boating safer and more fun. Above all, the ability to swim may save a person's life if there is an emergency in the water.

Swimming has been known since prehistoric times. Ancient people may have learned to swim by imitating the way dogs and other animals moved through water. Swimming became a popular form of exercise and recreation in many ancient lands, including Assyria, Egypt, Greece, and Rome. The Greeks did not include swimming in the ancient Olympic Games, but practiced the sport, often building swimming pools as part of their baths.

Swimming became less popular during the Middle Ages as it was opposed by the church; also many people feared swimming because they thought dangerous diseases were spread by water. Swimming regained popularity in the early 1800's. Organized swimming competitions became common during the mid-1800's. Men's international competition began in 1896 in the first modern Olympic Games. Women's competition was added in the 1912 Olympics.

The Federation Internationale de Natation Amateur (FINA) governs international swimming and other water sports at the amateur level. The FINA consists of national associations from about 100

countries.

Swimmers move their legs, feet, arms, and hands in certain ways to propel themselves through the water easily and quickly. The movements of the legs and feet are called *kicks*. These movements combined with movements of the arms and hands are called *strokes*. Swimmers use four types of kicks: *the flutter kick, the breaststroke kick, the dolphin kick, and the scissors kick*. Each of these kicks is used in doing one or more of the strokes. The basic strokes are the *front crawl, the backstroke, the breaststroke, the butterfly, and the sidestroke*.

The front crawl is the fastest and most popular stroke. The backstroke, or back crawl, is performed as you lie on your back. It is a restful stroke because your face is always out of the water and breathing is easy. The breaststroke is another restful stroke. It is done in combination with the breaststroke kick. The butterfly is a difficult stroke to learn, but it is smooth and graceful if performed correctly. It is performed in combination with dolphin kick. *Sidestroke, dog paddle and the elementary backstroke* are *applied strokes* and are not used in competition.

Swimming competitions are held in both *long-course pools*, which measure 50 metres long, and *short-course pools*, which measure 25 metres long. Swimmers participate in five kinds of races – *freestyle, breaststroke, backstroke, butterfly and individual medley*. In a freestyle race, swimmers may choose any stroke, but usually they use the front crawl because it is the fastest stroke. In the medley athletes swim an equal distance of each stroke. In competitions, individual freestyle races are held at distance of 50, 100, 200, 400, 800 and 1500 metres. Breaststroke, backstroke and butterfly events are 100 and 200 metres long. The individual medley covers 4X50 and 4X100 metres. *Men's and women's team relays* are contested as a 4X100-metre freestyle relay, a 4X100-metre medley and a 4X200-metre freestyle relay.

There are Belarusian swimmers among the Olympic medalists. Sergei Koplyakov won two gold and two silver medals at the Olympic Games in Montreal and Moscow. Elvira Vasilkova was a silver medallist at the distance 100-metre breaststroke and got the bronze medal with Olga Klevakina in medley relay in Moscow-80. Yelena Rudkovskaya won the gold medal in 100-metre breaststroke and the

bronze medal in medley relay in 1992 in Barcelona.

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. Swimming is the act of moving through water by using the arms and legs.
2. Good swimmers can't enjoy various other water sports and activities.
3. Swimming has been known since the 19th century.
4. Swimmers move their legs, feet, arms, and hands in certain ways to propel themselves through the water easily and quickly.
5. There aren't Belarusian swimmers among the Olympic medalists.

Ex.3 Answer the questions

1. What is swimming?
2. What ability makes such sports as fishing and boating safer and more fun?
3. In what lands did swimming become a popular form of exercise and recreation in prehistoric times?
4. What organs should swimmers move to propel themselves through the water easily and quickly?
5. At what distance are individual freestyle races held in competitions?
6. Name Belarusian swimmers among the Olympic medalists.

Ex.4 Arrange the statement in a right chronological order according to the text.

1. There are Belarusian swimmers among the Olympic medalists.
2. In competitions, individual freestyle races are held at distance of 50, 100, 200, 400, 800 and 1500 metres.
3. The front crawl is the fastest and most popular stroke.
4. Good swimmers can also enjoy various other water sports and activities.
5. Swimming is a popular form of recreation, an important international sport, and healthy exercise.

Ex.5 Insert the missing words according to the text

1. Swimming _____ heart action, aids blood circulation, and helps develop firm _____.
2. Above all, the ability to swim may save a person's life if there is an _____ in the _____.
3. Ancient _____ may have learned to swim by imitating the way _____ and other animals moved through _____.
4. The _____ is a difficult stroke to learn, but it is _____ and graceful if performed correctly.
5. Men's and _____ relays are contested as a 4X100-metre freestyle relay, a 4X100-metre medley and a 4X200-metre _____ relay.

Ex.6 Give short summary of the text

Volleyball

Volleyball is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times. Typically, the first two touches are to set up for an *attack*, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a *kill*, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a *fault* and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include:

causing the ball to touch the ground outside the opponents' court or without first passing over the net;

catching and throwing the ball;

double hit: two consecutive contacts with the ball made by the same player;

four consecutive contacts with the ball made by the same team.

net foul: touching the net during play.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including *spiking* and *blocking* (because these plays are made above the top of the net the vertical jump is an athletic skill emphasized in the sport) as well as *passing*, *setting*, and specialized player positions and offensive and defensive structures.

Each team consists of six players. To get play started, a team is chosen to serve by coin toss. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team's court (the *serve*). The opposing team must use a combination of no more than three contacts with the volleyball to return the ball to the opponent's side of the net. These contacts usually consist first of the *bump* or *pass* so that the ball's trajectory is aimed towards the player designated as the *setter*; second of the *set* (usually an over-hand pass using wrists to push finger-tips at the ball) by the setter so that the ball's trajectory is aimed towards a spot where one of the players designated as an *attacker* can hit it, and third by the *attacker* who *spikes* (jumping, raising one arm above the head and hitting the ball so it will move quickly down to the ground on the opponent's court) to return the ball over the net. The team with possession of the ball that is trying to attack the ball as described is said to be on *offense*.

The team on *defense* attempts to prevent the attacker from directing the ball into their court: players at the net jump and reach above the top (and if possible, across the plane) of the net in order to *block* the attacked ball. If the ball is hit around, above, or through the block, the defensive players arranged in the rest of the court attempt to control the ball with a *dig* (usually a fore-arm pass of a hard-driven ball). After a successful dig, the team transitions to offense.

The game continues in this manner, rallying back and forth, until the ball touches the court within the boundaries or until an error is made. The most frequent errors that are made are either to fail to

return the ball over the net within the allowed three touches, or to cause the ball to land outside the court. A ball is "in" if any part of it touches a sideline or end-line, and a strong spike may compress the ball enough when it lands that a ball which at first appears to be going out may actually be in. Players may travel well outside the court to play a ball that has gone over a sideline or end-line in the air.

Other common errors include a player touching the ball twice in succession, a player "catching" the ball, a player touching the net while attempting to play the ball, or a player penetrating under the net into the opponent's court. There are a large number of other errors specified in the rules, although most of them are infrequent occurrences. These errors include back-row or libero players spiking the ball or blocking (back-row players may spike the ball if they jump from behind the attack line), players not being in the correct position when the ball is served, attacking the serve in the front court and above the height of the net, using another player as a source of support to reach the ball, stepping over the back boundary line when serving, taking more than 8 seconds to serve, or playing the ball when it is above the opponent's court.

When the ball contacts the floor within the court boundaries or an error is made, the team that did not make the error is awarded a point, whether they served the ball or not. If the ball hits the line, the ball is counted as in. The team that won the point serves for the next point. If the team that won the point served in the previous point, the same player serves again. If the team that won the point did not serve the previous point, the players of the team rotate their position on the court in a clockwise manner. The game continues, with the first team to score 25 points (and be two points ahead) awarded the set. Matches are best-of-five sets and the fifth set (if necessary) is usually played to 15 points. (Scoring differs between leagues, tournaments, and levels; high schools sometimes play best-of-three to 25; in the NCAA games are played best-of-five to 25 as of the 2008 season.)

Before 1999, points could be scored only when a team had the serve (*side-out scoring*) and all sets went up to only 15 points. The FIVB changed the rules in 1999 (with the changes being compulsory in 2000) to use the current scoring system (formerly known as *rally point system*), primarily to make the length of the match more predictable and to make the game more spectator- and television-

friendly.

Ex.1 Find twenty words that reflect the contents of the text

Ex.2 True/false statements

1. Volleyball is an Olympic team sport in which two teams of five players are separated by a basket.
2. The ball is usually played with the hands or arms and players can't legally strike or push the ball with any part of the body.
3. The team that won the point serves for the next point.
4. The game continues, with the first team to score 27 points.
5. If the ball hits the line, the ball is counted as in.

Ex.3 Answer the questions

1. By what does each team try to score points under organized rules?
2. What team must not let the ball be grounded within their court?
3. What techniques have evolved in volleyball?
4. When does the team serve for the next point?
5. How long does the game continue?
6. When did the FIVB change the rules?

Ex.4 Arrange the statement in a right chronological order according to the text.

1. Before 1999, points could be scored only when a team had the serve (*side-out scoring*) and all sets went up to only 15 points.
- 2 The game continues, with the first team to score 25 points (and be two points ahead) awarded the set.
3. There are a large number of errors specified in the rules, although most of them are infrequent occurrences.
4. The receiving team must not let the ball be grounded within their court.
5. Volleyball is an Olympic team sport in which two teams of six players are separated by a net.

Ex.5 Insert the missing words according to the text

1. Volleyball is an Olympic _____ sport in which two teams of _____ players are separated by a _____.

2. The receiving team must not _____ the ball be _____ within their court.

3. The game continues in this manner, rallying back and forth, until the _____ touches the court within the boundaries or until an _____ is made.

4. If the team that _____ the point served in the _____ point, the same player serves _____.

5. Matches are best-of-five sets and the _____ set (if necessary) is usually played to _____ points.

Ex.6 Give short summary of the text

UNIT 2

SPORT TERMS VOCABULARY

Track-and-field

Track Events	Бег
marathon	марафон
hurdle	бег барьерами
steeplechase	бег с препятствиями
relay	эстафетный бег
walk	ходьба
Field Events	
high jump	прыжки в высоту
pole vault	прыжки с шестом
long jump	прыжки в длину
triple jump	тройной прыжок
shot-put	толкание ядра
discus throwing	метание диска
hammer throwing	метание молота
javelin throwing	метание копья
accelerate	ускорятся
acceleration	ускорение
anchor man	бегун на последнем этапе эстафете
announce	объявлять

announcement	объявление
announcement of lap times	объявление времени по этапам
announcement of results	объявление результатов
announcer	судья-информатор
approach	дорожка для разбега
arc	дуга
area	площадка
foam-filled landing area	яма для приземления с пенопластом
landing area	яма для приземления
arena	арена
athletics arena	манеж
athlete	легкоатлет
athletics	легкая атлетика
bar	планка
to clear the bar	переходить через планку
to knock down the bar	сбивать планку
to raise the bar	поднимать планку
relay baton	эстафетная палочка
passing of the baton	передача палочки
to pass the baton	передавать палочку
bend	вираж
blocks	колодки
starting blocks	стартовые колодки
board	брусok
take-off board	доска для отталкивания
to hit the board	попадать на брусok
to overstep the board	заступать за брусok
to step on the board	наступать на брусok
border	бровка
outside border	внешняя бровка
breathe	дышать
breathing	дыхание
circle	круг
clearance of an obstacle	преодоление препятствий
clocking	время по секундомеру

coasting	бег по инерции
competitions	соревнования
indoor competitions	соревнования в закрытых помещениях
jumping competitions	соревнования по прыжкам
multi-event competitions	соревнования по многоборью
outdoor competitions	соревнования на открытом воздухе
qualifying competitions	квалификационные соревнования
throwing competitions	соревнования по метаниям
track-and-field competitions	соревнования по легкой атлетике
course	маршрут
marathon course	маршрут марафона
crossbar	перекладина
cross-country	кросс
to run cross-country	бежать кросс
dash	спринт
dashman	спринтер
decathlete	десятиборец
decathlon	десятиборье
delivery	выталкивание
discus	диск
discus throw	метание диска
to throw discus	метать диск
discus thrower	дискобол
distance	дистанция, длина
run-out distance	длина разбега
distance of the race	дистанция бега
draw	жеребьевка
draw of lanes	распределение дорожек
events	виды спорта
combined events	многоборье
field events	виды прыжков и метаний
jumping events	виды прыжков

throwing events	виды метаний
track events	виды бега
track-and-field events	легкая атлетика
failure	неудачная попытка
finish	финиш
support foot	опорная нога
swinging foot	маховая нога
take-off foot	толчковая нога
frequency of steps	частота шагов
ground contact	контакт с землей
hammer	молот
hammer throw	метание молота
to throw hammer	метать молот
hammer thrower	метатель молота
hammer throwing cage	ограждение сектора для метания молота
heat	забег
preliminary heat	предварительный забег
height	высота
height of the jump	высота прыжка
hurdle height	высота барьера
initial height	начальная высота
record height	рекордная высота
to clear a height	брать высоту
hop	скачок
javelin	копье
javelin throw	метание копья
to throw javelin	метать копье
jog	бегать трусцой
jogging	бег трусцой
judge	судья
chief judge	главный судья
judge at the finish	судья на финише
judge for field events	судья по прыжкам и метаниям
judge for jumping events	судья по прыжкам
judge for throwing events	судья по метаниям

judge of walking	судья по ходьбе
jump	прыжок
best jump	лучший прыжок
hang-style long jump	прыжок в длину прогнувшись
high jump	прыжок в высоту
invalid jump	неудачный прыжок
long jump, broad jump	прыжок в длину
no jump	незасчитанный прыжок
running jump	прыжок с разбега
safe jump	засчитанный прыжок
scissors-style high jump	прыжок в высоту способом «ножницы»
scissors-style long jump	прыжок в длину способом «ножницы»
squat jump	прыжок в длину, согнув ноги
standing jump	прыжок с места
straddle jump	прыжок перекатом
trial jump	пробный прыжок
triple jump (hop, step and jump)	тройной прыжок
valid jump	удачный прыжок
to jump	прыгать
to high-jump	прыгать в высоту
to long-jump	прыгать в длину
land	приземляться
landing	приземление
lane	дорожка
inner lane	внутренняя дорожка
outer lane	внешняя дорожка
lap	круг
first lap	первый круг
last lap	последний круг
to lap	обгонять на круг
lap scorer	судья-счетчик кругов
lead	опережение
to lead	лидировать
leader	лидер

race leader	ведущий бег
leading	лидирование
leg	этап
anchor leg	заключительный этап эстафеты
leg	нога
inner leg	внутренняя нога
outer leg	внешняя нога
length	длина
jump length, length of the jump	длина прыжка
step length	длина шага
line	линия
finish line	линия финиша
radius line	пограничная линия
start line	линия старта
to run marathon	бежать марафон
mark	отметка
check mark	контрольная отметка
take-off mark	отметка отталкивания
take-over mark	отметка передачи эстафеты
take-over zone	граница зоны передачи эстафеты
measurement	измерение
number	номер
lane number	номер дорожки
obstacle	препятствие
obstruction	блокировка
overstep	заступать
overstepping, foot-fault, fouling	заступ
overtaking	обгон
pace	темп
to maintain the pace	поддерживать бег
to pace the race	вести бег
pentathlete	пятиборец
pentathlon	пятиборье
pit	яма для прыжков
pole	шест

pole vault	прыжок с шестом
position	положение
starting position	стартовое положение
to take up starting position	принимать стартовое положение
practice	тренировка
race	забег, бег
cross-country race	бег по пересеченной местности
final race	финальный забег
flat race	гладкий бег
hurdle race	барьерный бег
marathon race	марафонский бег
relay race	эстафетный бег
relay	эстафета
result	результат
round	круг
runner	бегун
running, run	бег
cross-country running	кросс
long-distance running	бег на дальние дистанции
middle-distance running	бег на средние дистанции
pace running	темповой бег
run to win	бег на выигрыш
running on the spot	бег на месте
running round the bend	бег на повороте
short distance running	бег на короткие дистанции
to run	бегать
to run against a watch	бежать на время
running rhythm	ритм бега
run-up	разбег
to run up	разбегаться
sector	сектор
discus sector	сектор для метания диска
hammer sector	сектор для метания молота
javelin sector	сектор для метания копья
shot-put sector	сектор для метания ядра

throwing sector	сектор для метания
shot	ядро
to deliver the shot	выталкивать ядро
to put the shot	толкать ядро
shot-put	толкание ядра
shot-putter	толкатель ядра
speed	скорость
finishing speed	скорость на финише
lap speed	скорость на отрезке
racing speed	скорость бега
starting speed	скорость на старте
speed burst	ускорение
sprint	спринт
sprinter	спринтер
start	старт
close start	короткий старт
crouch start	низкий старт
echelon start	раздельный старт
false start	фальстарт
high start	высокий старт
premature start	преждевременный старт
standing start	высокий старт
to give the start	давать старт
to take the start	принимать старт
to start	стартовать
steeplechase	стипель-чез
steeplechaser	стипельчезист
stop-watch	секундомер
straight	прямая
back straight	противоположная прямая
home straight	финишная прямая
swing	размахивание
take-off	отталкивание
to take-off	отталкиваться
take-over	смена этапов
throw, throwing	бросок, метание

time	время
total time	общее время
time-trial	забег на время
total points	сумма очков
track	дорожка
cinder track	гаревая дорожка
hard track	жесткая дорожка
track without lanes	общая дорожка
track man	бегун
track shoes	кроссовки
trial	попытка
umpire	судья
track umpire	судья на дистанции
turn umpire	судья на повороте
vault	прыжок с шестом
vaulter	прыгун с шестом
walk, race walking	ходьба
to walk	ходить
walker	скороход
water jump	яма с водой
wind	ветер
aided wind	попутный ветер
zone	зона
take-over zone	зона передачи эстафеты
to go outside the take-over zone	выходить за пределы зоны передачи эстафеты

SWIMMING

International Amateur Swimming Federation (FINA)	Международная любительская федерация плавания (ФИНА)
Swimming	плавание
Events	виды плавания
Backstroke (100 and 200 m)	на спине (100 и 200 м)
Breaststroke (100	брасс (100 и 200 м)

and 200 m)	
Butterfly (100 and 200 m)	баттерфляй (100 и 200 м)
Freestyle (100, 200, 400 m; 1500 m for men and 800 m for women)	вольный стиль (100, 200, 400м; 1500 м для мужчин и 800 м для женщин)
Individual medley (400 m)	комплексное плавание (400 м)
Relay Events	эстафета
Freestyle relay (4 x 200 m, men and 4 x 100 m, women)	эстафета вольным стилем (4 x 200 м мужчины и 4 x 100 м женщины)
Medley relay (4 x 100 m)	комбинированная эстафета (4 x 100 м)
accelerate	делать ускорение
acceleration	ускорение
aquatic sports	водные виды спорта
armstroke	гребок руками
assignment of lanes	распределение дорожек
backstroke	плавание на спине
to backstroke	плавать на спине
backstroker	пловец на спине
beat	удар
leg beat	работа ног
body movement	движение тела
breaststroke	брасс
to breaststroke	плавать брассом
breathe	дышать
breathing	дыхание
bilateral breathing	двустороннее дыхание
unilateral breathing	одностороннее дыхание
butterfly	баттерфляй
to butterfly	плавать баттерфляем
crawl	кроль
back crawl	кроль на спине
six-beat crawl	шестиударный кроль

to crawl	плавать кролем
free style	вольный стиль
free-styler	пловец вольным стилем
glide	скользить
gliding	скольжение
heat, preliminary heat	предварительный заплыв
judge	судья
turning judge	судья на повороте
judge at the start (finish)	судья на старте
kick, leg kick	движение ног
breaststroke kick	движение ног при плавании брасом
flutter kick	движение ног при плавании кролем
scissors kick	движение ног ножницами
lane	дорожка
to assign lanes	распределять дорожки
lap	отрезок дистанции
line	линия
separation line	линия разметки
medley	комплексное плавание
pool	бассейн
indoor pool	закрытый бассейн
outdoor pool	открытый бассейн
pool-side	борт бассейна
practice	тренировка
push-off	отталкивание
race	заплыв
racing dive	стартовый прыжок
reswim, swim-off	переплыв
sprint	спринт
sprinter	спринтер
false start	фальстарт
to give a start	давать старт
to take a start	брать старт
to start	стартовать
swim	плавать
swimmer	пловец

backstroke swimmer	пловец на спине
breaststroke swimmer	пловец брассом
butterfly swimmer	пловец баттерфляем
free-style swimmer	пловец вольным стилем
swimming	плавание
backstroke swimming	плавание способом на спине
breaststroke swimming	плавание способом брасс
butterfly swimming	плавание способом баттерфляй
distance swimming	плавание на дальние дистанции
free-style swimming	плавание вольным стилем
medley swimming	комбинированное плавание
side-stroke swimming	плавание на боку
swimming costume	костюм для плавания
swimming events	виды плавания
swimming pool	бассейн
swimming technique	техника плавания
swimming trunks	плавки
take over	смена этапа
time-keeper	судья-секундометрист
touch	касание
train	тренироваться
training	тренировка
water-pool training	тренировка на воде
turn	поворот
ordinary turn	поворот над водой
sommersault	поворот сальто
tumble	поворот полусальто
under-water turn	поворот под водой
to make a turn	выполнять поворот
water	вода
chlorinated water	хлорированная вода
cold water	холодная вода
easy water	легкая вода
hard water	тяжелая вода
soft water	мягкая вода
warm water	теплая вода

CYCLING

International Amateur Cycling Federation (FIAC)	Международная любительская федерация велосипедного спорта (ФИАК)
Track	Трек
Individual sprint	Спринтерская гонка
Road	Шоссе
Individual road race	Индивидуальная кольцевая гонка
ascent	Подъем
Steep ascent	Крутой подъем
banking	Поворот
End of banking	Выход из поворота
Start of banking	Вход в поворот
Bell ringer	Судья у гонга
Bicycle, bike	Велосипед
To ride, a bicycle, to bike	Ездить на велосипеде
Bicycle rider	Велосипедист
bicycling	Велосипедный спорт
border	Бровка
Track border	Бровка трека
brake	Тормоз
To brake	Тормозить
Break-away	Отрыв
Attempt to break away	Попытка отрыва
To break away	отрываться
Bunch, group	Группа
Compact bunch	Плотная группа
Leading bunch	Ведущая группа
Main bunch	Основная группа
To scatter the bunch	Разрывать группу
car	Автомобиль
curve	Вираж
Home curve	Финишный вираж
cycle	Велосипед

Racing cycle	Гоночный велосипед
Road cycle	Шоссейный велосипед
Tandem cycle	Тандем
To cycle	Ездить на велосипеде
Cycle change	Смена велосипеда
To change a cycle	Менять велосипед
Cycle racer, cyclist	Велогонщик
Cycling sports	Велосипедный спорт
downhill	Склон
driving	Педалирование
Feeding station	Пункт питания
fall	Падение
Massed fall	Массовое падение
To fall	Падать
fine	Штраф
Gear change	Переключение передач
To change gear	Переключать передачу
heat	Заезд
Eliminating heat	Предварительный заезд
Flying-start heat	Заезд с ходу
Qualifying heat	Квалификационный заезд
helmet	Шлем
hill	Подъем
judge	Судья
Corner judge	Судья на вираже
Finishing judge	Судья на финише
Turn judge	Судья на повороте
Starting judge	Судья на старте
lap	Круг
To lap behind	Отставать на круг
length	Просвет
match	Заезд
overtake	Обгонять
overtaking	Обгон
pedal	Педаль
To pedal	Педалировать
place	Место

Assembling place	Место сбора
point	Пункт
Turning point	Поворотный пункт
race	Гонка
Individual pursuit race	Индивидуальная гонка преследования
Individual-start race	Гонка с раздельным стартом
Motor-paced race	Гонка за лидером
Multi-stage race	Многодневная гонка
Pursuit race	Гонка преследования
Relay race	Эстафетная гонка
Road race	Гонка на шоссе
Sprint race	Спринтерская гонка
Tandem race	Парная гонка
Team race	Командная гонка
Track race	Гонка на треке
To cycle a race	Вести гонку
Racer, rider	Гонщик
Track rider	Гонщик на треке

UNIT 3

ENTERTAINING EXERCISES

Ex.1 Basketball

Insert the missing words.

*dominate- form- begin- sustain- affix- anticipate- adopt- help-
organize- suffer- become -contribute -dominat- popularize- play-
invent*

Basketball was(1)_____in December 1891 by the Canadian clergyman, educator, and physician James Naismith. Naismith introduced the game when we was an instructor at the Young Men's Christian Association Training School (now Springfield College) in Springfield, Massachusetts. At the request of his superior, Dr. Luther

H. Gulick, he(2)_____a vigorous recreation suitable for indoor winter play. The game(3) _____elements of American football, soccer, and hockey, and the first ball(4)_____was a soccer ball. Teams had nine players, and the goals were wooden peach baskets(5)_____to the walls.

By 1897-1898, teams of five became standard. The game rapidly spread nationwide and to Canada and other parts of the world, (6)_____by both women and men; it also(7)_____a popular informal outdoor game. U.S. servicemen in World War II (1939-1945) (8)_____the sport in many other countries.

A number of U.S. colleges(9)_____the game between about 1893 and 1895. In 1934 the first college games were staged in New York City's Madison Square Garden, and college basketball(10)_____to attract heightened interest. By the 1950s basketball had become a major college sport, thus paving the way for a growth of interest in professional basketball.

The first pro league, the National Basketball League, was(11)_____in 1898 to protect players from exploitation and to promote a less rough game. This league only lasted five years before disbanding; its demise spawned a number of loosely organized leagues throughout the northeastern United States.

One of the first and greatest pro teams was the Original Celtics, organized about 1915 in New York City. They played as many as 150 games a season and(12)_____basketball until 1936. The Harlem Globetrotters, founded in 1927, a notable exhibition team, specializes in amusing court antics and expert ball handling.

In 1949 two subsequent professional leagues, the National Basketball League (formed in 1937) and the Basketball Association of America (1946) merged to create the National Basketball Association (NBA). The Boston Celtics, led by their center Bill Russell, (13)_____the NBA from the late 1950s through the 1960s.

By the 1960s, pro teams from coast to coast played before crowds of many millions annually. Wilt Chamberlain, a center for the Los Angeles Lakers, was another leading player during the era, and his battles with Russell were eagerly(14)_____. Kareem Abdul-Jabbar, also a center, came to prominence during the 1970s. Jabbar

perfected his famed "sky hook" shot while playing for the Los Angeles Lakers and dominated the opposition.

The NBA(15)_____a drop in popularity during the late 1970s, but was resuscitated, principally through the growing popularity of its most prominent players. Larry Bird of the Boston Celtics, and Magic Johnson of the Los Angeles Lakers are credited with injecting excitement into the league in the 1980s through their superior skills and decade-long rivalry.

During the late 1980s Michael Jordan of the Chicago Bulls rose to stardom and(16)_____the Bulls dominate the NBA during the early 1990s. A new generation of basketball stars, including Shaquille O'Neal of the Orlando Magic and Larry Johnson of the Charlotte Hornets, have(17)_____the NBA's growth in popularity.

In 1959 a Basketball Hall of Fame was founded in Springfield, Massachusetts. Its rosters include the names of great players, coaches, referees, and people who have(18)_____significantly to the development of the game.

Ex.2 Ice Hockey

Fill in the gaps.

sticks – team - Czech Republic – world – sport – league - players

Ice hockey is a _____ that is played by two teams on ice. The _____ wear ice skates on their feet. They hold hockey _____, which they use to push or pass a puck around the ice. The players score by shooting the puck into a net. Six players on each _____ play at once, but a whole team has over 20 players.

Ice hockey is very well-known and well-liked in Canada, Russia, Sweden, Finland, the _____, the United States, Latvia and Slovakia. Most of the best players in the _____ play in the National Hockey League (NHL), which has 30 teams in the United States and Canada. They try to win the Stanley Cup.

Another popular hockey _____ is the Kontinental Hockey League (KHL), which has teams in Russia, Kazakhstan, Latvia, and Belarus. In North America.

Ex.3 Nike

Fill in the gaps.

Track – owns – leading – athletes – recognized – equipment - hip-hop – employed – soccer – styles – promote - fashion

Nike, Inc. is a major publicly traded sportswear and 1)..... supplier based in the United States. The company is *headquartered* in Oregon. It is the world's 2)..... supplier of athletic shoes and a major manufacturer of sports equipment with *revenue* in excess of \$18.6 billion USD in 2008. As of 2008, it 3)..... more than 30,000 people worldwide. Nike sells its product to more than 25,000 *retailers* in the U.S. and in approximately 160 countries in the world.

NIKE is the twentieth century footwear that lifts the world's greatest 4)..... to new levels of mastery and achievement. The 'swoosh' logo is a graphic design created by Caroline Davidson in 1971. It represents the wing of the Greek goddess Nike. The first shoe

to carry this design that was sold to the public was a 5)..... shoe named "Nike", which was released in the summer of 1971.

The company was founded on January 25, 1964 as Blue Ribbon Sports by Bill Bowerman and Philip Knight, and officially became Nike, Inc. in 1978. Their first products were 6)..... running shoes.

Today Nike shoes come in a wide variety of 7)..... and colors. They are worn by professional athletes as well as everyday folks who just want to make a

8)..... statement. You can find Nike sneakers at just about store that sells shoes.

The famous Nike swoosh logo is probably one of the most
9)..... company logos of all time and is seen displayed around the world.

The Nike company currently 10)..... several *subsidiaries* including Umbro and Converse. Nike pays top athletes in many different sports to use their products and 11)..... and advertise their technology and design.

Nike is well known and popular in youth culture, *chav* culture and 12).....culture as they supply urban fashion clothing.

Vocabulary

headquarter (v) – to place in the centre of operations

revenue (n) – income

retailer (n) – a merchant who sells goods to the public

subsidiary (n) – a company that is owned by a larger company

chav (n) –(Br.slang) a young working-class person who dresses in casual sports clothes

Ex.4 Muay Thai

Fill in the gaps

Form - large – arms – elbows – fighters – perfect – body

Muay Thai is a _____ of hard martial art practiced in _____ parts of the world, including Thailand and other Southeast Asian countries.

It is allowed to use the _____, legs and also knees and _____ to fight. This martial art is a very tough one and very often the _____ get hurt.

But in general Muay Thai is a _____ work out for your body and soul.

Your brain and your _____ have to be fit.

Ex.5 Work in pairs and use a dictionary.

Assign the sports mentioned below to the collective terms above.

scuba diving – shot-put – rings – hockey – pole vault – football – free-climbing – decathlon – car-racing – beam – bungee jumping – parallel bars – marathon – rowing – boxing – inline-skating – cycling – snowboarding – side-horse – parachuting – polo – wind surfing – zorbing – hurdling

track-and-field-athletics	spectator sports	apparatus gymnastics	trend sports
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-		-
	-		-
	-		-

**These activities go with either the verb *to do*, *to go* or *to play*.
Match the activities with the suitable verb in the three columns.**

*cycling – darts – ice skating – wrestling – golf – bungee-jumping
– boxing – canoeing – gymnastics – table tennis – squash – swimming*

You do ...	You go ...	You play ...
-	-	-
-	-	-
-	-	-
-	-	-

Ex.6 Match the names of sports with their definitions

Parachuting – climbing – ice skating – swimming – tennis –
basketball – exercising – hockey – diving – jogging – golf – horse –
riding – bowling – football – aerobics – rugby – hiking – hunting –
cycling – baseball – fishing – running – karate – skiing

- 1 An indoor game in which you roll a large heavy ball along a wooden track in order to knock down a group of pins.
- 2 The activity of running slowly as a way of exercising. Game played indoors between two teams of five players. Each team tries to win points by throwing a ball through a net.
- 3 A game in which the players hit a small white ball into holes in the ground with a set of golf clubs, using as few hits as possible.
- 4 The activity in which you jump out of a plane falling slowly and safely to the ground.
- 5 An outdoor game played by two teams with an oval ball that you kick or carry.

- 6 The activity of riding a bicycle. Physical activities that you do in order to stay healthy and become stronger.
- 7 The sport or activity of riding horses.
- 8 The sport of moving yourself through water using your arms and legs.
- 9 The sport of moving down hills or across land in the snow wearing skis.
- 10 The sport or activity which is similar to jogging but moving much faster.
- 11 The activity or sport in which you move quickly on ice.
- 12 The game played by two teams of eleven players who try to kick a round ball into the other team's goal.
- 13 The sport of going up mountains or rocks.
- 14 The sport of swimming under water using special equipment to help you breathe
- 15 An activity in which you chase and kill animals for food or sport.
- 16 The sport or business of catching fish.
- 17 A game for two people or two pairs of people who use rackets to hit a small soft ball backwards and forwards over a net.
- 18 A type of physical exercise you do listening to music.
- 19 An outdoor game between two teams of nine players, in which players try to get points by hitting a ball and running around four bases.
- 20 A game played on grass by two teams of 11 players, with sticks and a ball.
- 21 A Japanese fighting sport, in which you use your feet and hands to hit and kick.
- 22 The activity of taking long walks in the mountains or country.

Ex.7 Spare time quiz

What are your hobbies?

Do you like sport? Yes ____ No ____

What is your favourite sport?

Do you play sport at school? Sometimes ____ Never ____

Do you play sport after school? Yes ____ No ____

Do you watch sport on TV? Yes ____ No ____

If yes, Which sport do you watch?

Which sports are you good at?

Which sports are you not very good at?

Can you ...? Play tennis ____ swim ____ ski ____ dance ____ play
volleyball ____ skate ____ sing ____ jump ____

Do you collect things? Yes ____ No ____

If yes, What do you collect? Stamps ____ pictured cards ____
comics ____

Have you got a favourite football team? Yes ____ No ____

If yes, What's your favourite football team? _

Ex.8 Give your time-table for the week

MY WEEK

On Monday I play basketball.

On Tuesday I swim and skate.

Wednesday is football and volleyball.

On Thursday I read till late.

On Friday I do my homework for seven hours at least.

And on Saturday and Sunday all I do is sleep.

What do you do?

Ex.9 Now write a small essay on the topic “Sports in my life”

Useful phrases for writing essays concerning sports:

I am very good at all kinds of sport.

I like playing ... in (the) summer and ... in (the) winter.

When the weather is okay I play ... with my friends.

When the weather is bad I don't ride my bike to school. Then I take the bus or my dad takes me to school (by car).

I sometimes go swimming to our local lake.

I'm not very good at ..., but I like it.

I'm quite good at team sports, especially ...

I sometimes go ... in my free time.

I play in my local ... team and we practise twice a week.

My father plays tennis once a week.

He is a very good player.

My mother doesn't like sport very much.

She sometimes goes ... with the family.

At our school we often play table soccer during the break.

In the P.E. lesson we often play ...

We sometimes have to ... and I hate that.

My favourite sport at school is ...

My favourite sport on TV is ...

I like to watch the sports programme on TV.

I don't like Formula 1 races because I think they are risky.

I would like to play ... because I think it is healthy.

Golf is a very expensive sport.

My parents like to go ... because it doesn't cost anything.

My favourite sportsman | sportswoman is ...

My favourite sport is ...

... is a sport for real men.

... is a sport for girls only.

The most boring sport in the world is ...

Ex.10 Find as many kinds of sports as you can

S	L	T	I	S	K	I	I	N	G	A	M	D
H	N	E	V	B	H	H	Q	Z	X	M	W	O
B	G	Z	R	I	D	E	A	B	I	K	E	O
T	F	O	O	T	B	A	L	L	V	I	S	S
W	R	L	G	B	N	L	U	K	B	L	Z	K
K	R	O	L	L	E	R	B	L	A	D	E	A
S	A	Z	V	J	I	B	E	L	S	O	B	T
S	X	R	F	G	T	M	L	F	K	A	L	E
W	U	Q	A	T	O	A	C	H	E	G	C	B
F	P	R	X	T	B	L	Q	L	T	E	Y	O
R	I	Y	F	E	E	R	F	J	B	J	D	A
R	K	O	S	I	U	E	C	P	A	F	T	R
W	W	A	Z	G	N	J	O	N	L	K	W	D
X	B	I	B	M	Y	G	F	J	L	E	L	X
E	Y	Y	Y	T	E	N	N	I	S	H	L	J

Ex.11 Role play

Pair work : Buy something in a sports shop

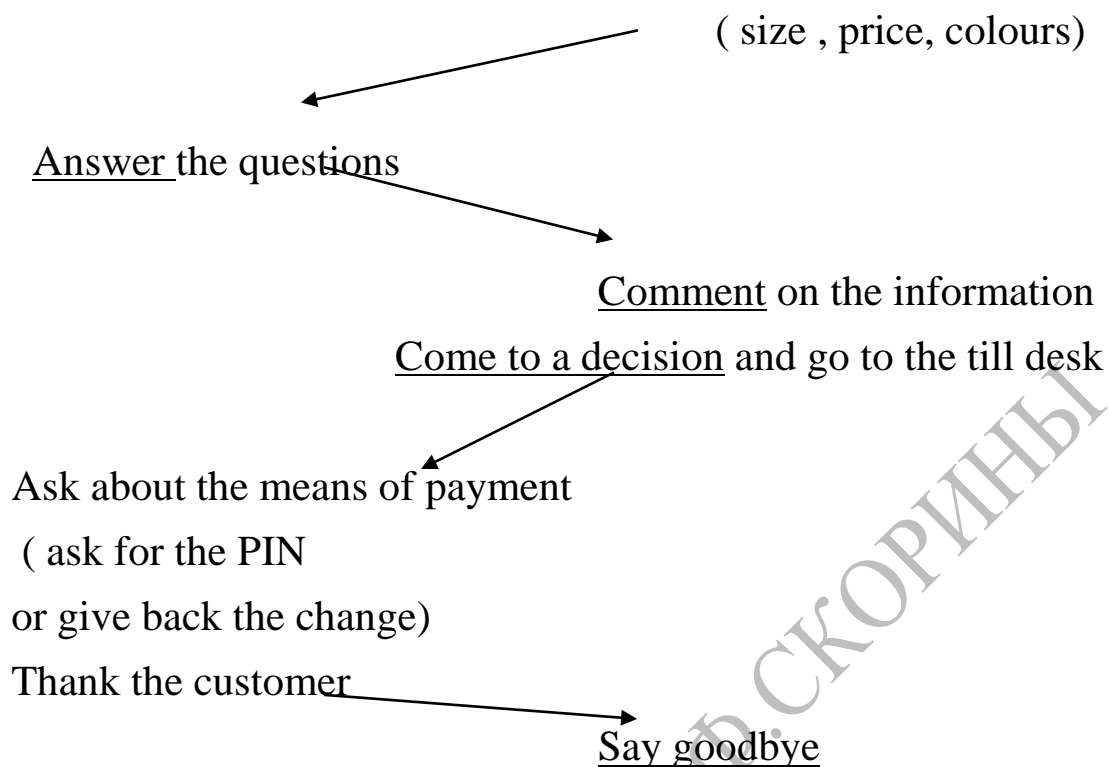
A : you're the shop assistant B : you're the customer

Greet the customer

Answer politely

Offer some help

Ask some information about an item



Useful phrases:

Good morning Sir /Madam / Miss

Can I help you ?

I'm looking for ...

What type of ... would you like ?

What size do you take ?

How much is it ? / are they ?

They come in ...

You'll need ...

Try it on

It is designed for ...

They (don't) fit well

Will you pay cash / with a credit card ?

Here you are

You can dial your PIN

Here's your change /your receipt

In case you have second thoughts /
In case you change your mind
Thank you for your purchase / shopping here
Have a nice day

Ex.12 match the words with their definitions

Rubber boot - defeat - was - applaud – record - canoeing - prize - goggles - hoop - a –badminton - beginner - kick – champion - goalkeeper - good – go - finishing line – finals - stopwatch - medal – club - whistle - round – red - gymnasium - Olympic games - batter – supporter - umpire - pool - spectator - sneakers – orange - tournament – quarterback

1. For this sport you need a racket and a shuttlecock.
2. You play a game of golf or a _____ of golf.
3. What do you throw in wellie wanging?
4. A watersport.
5. A line that marks the end of a race.
6. A person who is doing smth for the first time.
7. A player who defends the goal.
8. A building that has equipment for sports.
9. A person who watches an event.
10. To show approval using your hands.
11. To hit with your foot.
12. A thing used to measure time.
13. It makes a loud sound.
14. A performance that is the best of its kind.
15. Shoes for sports.
16. Colour of the card that the referee holds indicating a rule has been broken.
17. To win a victory over someone.
18. What you are awarded if you win.
19. A sports competition.
20. A fan of a sportsteam.
21. The referee in baseball.

22. Something that is won in a contest.
23. A competition held every four years
24. A metal stick used in golf.
25. The last competition in a series.
26. A circular object.
27. The colour of a basketball.
28. A player in American football.
29. Someone who has won a sports contest.
30. Equipment used in swimming.
31. Swimming _____.
32. Ready, set, _____.

Ex.13 First, unscramble the Olympic events. Try to solve the riddle if you can:

1. S I D S U C _ _ _ _ _
2. A N R A T M H O _ _ _ _ _
3. C O C E R S _ _ _ _ _
4. A B A K B E L T L S _ _ _ _ _
5. I M G H J P U H _ _ _ _ _
6. L O J U N M P G _ _ _ _ _
7. O T R I N A H L T _ _ _ _ _

Ex.14 Guess the names of the sports, then match them with the proper description:

1. s _ i _ _ i _ _
2. _ e _ n _ _
3. _ a _ _ e _ _ b _ _ _
4. r _ n _ _ n _
5. k _ r _ _ _
6. g _ _ f
7. c _ c _ _ _ _

8. _ o o _ _ _ _ l
9. _ a _ _ _ r _ c _ n _
10. r o _ _ n _
11. b _ x _ _ _
12. _ a _ l _ _ _ t _ n n _ _

- a) a dangerous sport, you must have a fast car
- b) you must be very strong to practice it –it is not very safe
- c) a very popular sport in Poland; you mustn't touch the ball with your hands!
- d) you can practice it inside or outside. You must be very careful. You need a lot of water
- e) you need a basket and a ball which is bigger than a football
- f) you need a rocket to play it and a ball (usually green)
- g) a sport which is not very popular in Poland, you need a lot of grass to play it
- h) you need a small rocket and a small ball to play it
- i) the cheapest sport – you can practice it almost everywhere but you should have good shoes
- j) you wear a white uniform when you practice it;
- k) you must be strong, the athlete sits in the boat
- l) you need a bike and remember – you should wear a helmet!

1 _ _ 2 _ 3 _ 4 _ 5 _ 6 _ 7 _ 8 _ 9 _ 10 _ 11 _ 12 _

Ex.15 "Olympic Sports" Spelling Quiz

Directions: Below each definition, you will see four words. Choose the correct spelling of the word that

matches the definition. Write the letter of your choice in the blank provided.



- _____ 1) "athletes compete by shooting an arrow with a bow"
A. archerie B. archery C. arkhery D. arhcery
- _____ 2) "athletes compete by riding bicycles"
A. cycling B. cicling C. cyclinng D. cyclling
- _____ 3) "a beautiful sport where athletes plunge into water in style"
A. diving B. divinng C. diing D. divixg
- _____ 4) "athletes compete by running and jumping over several frames"
A. hurdless B. hurdles C. hurdlles D. hurdl
- _____ 5) "a pitcher throws the ball and a batter hits the ball with a bat"
A. baseba B. basseball C. baseball D. baseballl
- _____ 6) "athletes serve, jump and spike the ball"
A. vulleyball B. volleyball C. voleyball D. volleiball
- _____ 7) "athletes compete by riding a horse over a barrier"
A. equestrian B. equestrain C. equestriann D. equesstrian
- _____ 8) "athletes use a blunt rapier to hit an opponent"
A. fencing B. phencing C. fenncing D. fenking
- _____ 9) "athletes wear special gloves and punch each other"
A. buxing B. boxinng C. boxing D. bocksing
- _____ 10) "a racquet sport where athletes hit a ball back and forth over a dividing net"
A. tenis B. tennnis C. tenniss D. tennis
- _____ 11) "athletes do several acrobatic stunts and are judge by a panel of judges"

- A. gymnastics B. gymnastics C. gymnastics D. gymnastics
_____ 12) "a field sport where athletes throw a long spear"
A. javelinn B. javellin C. javelin D. javeiln
_____ 13) "athletes dribble and kick the ball"
A. phootball B. fuotball C. fotball D. football
_____ 14) "a popular sport in the USA where athletes slam and dunk with a ball"
A. bascetball B. basketba C. bassketball D. basketball
_____ 15) "a field sport where athletes throw a heavy metal ball"
A. shut-put B. sshot-put C. shot-put D. shont-put
_____ 16) "a water sport where athletes compete by swimming fast"
A. swiming B. swimminng C. sswimming D. swimming
_____ 17) "athletes use a racquet to hit a feathered ball (shuttlecock)"
A. badminton B. badmintun C. badminnton D. badmintonn

Ex.16 Your task today is to write a one-minute radio commentary of one of her football matches

Those expressions should be helpful

What is happening:

to shrug off/ outrun another player

to tackle/ foul an opponent

kick/ hit/ stop/ pass a ball

to have possession of the ball

receive a pass

to pass forward/ backward

to be offside

to make a header
to get a free kick
to beat someone
victory

Summary of the game:

tournament/ (quarter) final between ...
and ...
championship game (at home or away at ...)
friendly match
half-time
to be two goals down
to play in (red) shirts and (blue) shorts
penalty
own goal

Please be prepared to read your commentary to the class!

Ex.16 The following vocabulary may be useful when talking about sports

DO	GO	PLAY
Aerobics	Cycling	Football
Athletics	Skating	Basketball
Gymnastics	Skiing	Volleyball
Judo	Swimming	Tennis
Karate	Diving	Golf
Yoga	Running	Baseball
Pilates	Fishing	Hockey

You can pass, throw, hit, catch, head, kick, dribble, bat, win, and lose, a ball.

These are the places sports are played:

A pitch (for football, rugby, hockey, cricket);

A court (for basketball, tennis, volleyball, squash, badminton);

A course (for golf);

A pool (for swimming, diving);

A ring (for boxing);

Slopes (for skiing);

A track (for cycling, running, motor racing);

Some nouns referring to people: athlete, basketball, hockey, rugby, squash, tennis, volleyball, football player (or footballer); cyclist; boxer; diver; golfer; gymnast; racing driver; swimmer; skier; goalkeeper (goaltender AmE.)

Football, basketball, rugby, boxing and hockey have a **referee**. Tennis, table-tennis, cricket and baseball have an **umpire**.

Some games are played by individuals and others by teams. People play for a team / in a team (BrE) / on a team (AmE)

The following vocabulary refers to some equipment and clothes needed in some sports:

In tennis: tennis racket, tennis ball, skirt, T-shirt, shorts, sweatband

In football: football, boots, kit (shirt and shorts) goalkeeper's gloves, shin guards (AmE), shin pads (BrE)

In basketball: basketball, kit (shirt and shorts)

In hockey: stick, ball, skirt, T-shirt

In swimming: swimsuit, trunks (men), swimming cap, goggles

In rugby: ball, shirt, boots, mouth guards (AmE), gum shield (BrE)

In boxing: towel, shorts, boots, gloves

In swimming we say DO or SWIM (the) freestyle, crawl, backstroke, butterfly

How do we express scoring?

In most games you score GOALS or POINTS

A beats B (A wins the match or game) = B lost to A = A defeated B (B was/were defeated by A)

In football, if both teams or players have the same score, it is a draw. We read results in this way:

Old Folks 0-0 New Kids (we say nil-nil)

Old Folks 1-0 New Kids (one-nil to Old Folks)

Old Folks 1-1 New Kids (one-all)

Old Folks 1-2 New Kids (two-one to New Kids)

Old Folks 2-2 New Kids (two-all)

In tennis, results are read in this way:

15-0 (fifteen – love)

30-0 (thirty – love)

30-30 (thirty-all)

40-40 (deuce)

Advantage to X

Game/Set to X

Ex.17 Match the bicycle parts on the left to their definitions on the right.

carrier 1. the thin metal bars connecting the centre of a wheel to its outer ring

crossbar 2. The central part of a wheel

hub 3. The rubber ring around a bicycle wheel

mudguard 4. The horizontal bar found only on men's bikes

spokes
bicycle wheel

5. The curved metal strip that prevents a

tyre
transporting goods.

6. the metal part at the back of a bicycle used for

Has your bicycle spent the winter in the garage. Here are a few tips to return it on the road

a) Clean all the parts of your bicycle with (b) warm, soapy water.

(c) Inspect the frame. Remove any (d) rust with sandpaper. Touch up these spots with fresh paint.

(e) Check the tyres for splits, cracks or tears.

(f) Pump up the tyres. If you have a (g) flat tyre because of a (h) puncture, (i) fix it with a (j) repair kit.

(k) Lubricate the chain, wheels and pedals with bicycle oil.

(l) Spin the wheels to make sure they go round straight.

(m) Test the brakes and the gear levers.

Inspect the brake pads. If they are (n) worn down, (o) replace them.

(p) Tighten any parts that have become (q) loose on your bike.

If there are any problems, take your bicycle to a repair shop for a professional spring check-up.

Complete the sentences with words used above

The saddle on my bike has come loose. Can you help me it?

Where's the bicycle oil? I need to the chain.

Someone has stolen the front light of my bike. I'll have to it.

I my bicycle tyres only this morning. Why are they flat again?

You can't fix a puncture with the wheel still on the bike. You need to the wheel first.

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РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

Учебное издание

КАЗИМИРСКИЙ Геннадий Леонидович

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АНГЛИЙСКИЙ ЯЗЫК

Практическое пособие

Для студентов специальности

1 – 03 02 01 “Физическая культура”

Подписано в печать 21.01.2010г. (4) Формат 60х84 1/16.
Бумага писчая №1. Гарнитура «Таймс». Усл. печ. л.6,2
Уч.- изд. л.4,8. Тираж 25 экз.

Отпечатано в учреждении образования
«Гомельский государственный университет
имени Франциска Скорины»
246019, г. Гомель, ул. Советская, 104